

MOTOR COORDINATION ACTIVITIES: GAMES

PASS THE DUCK

Pass the Duck is a little like a cross between Musical Chairs and Hot Potato. Music is played and participants pass a heavy object from person to person until the music stops. Their balance training goal is to keep their core stable while passing the heavy object.

Benefits »

- Develops core strength and stability.
- Uses music and is fun.

Set It Up »

I'm from Oregon, where the university mascots are the Ducks (University of Oregon) and the Beavers (Oregon State). For this game, I purchased ducks and beavers from university stores and then sewed 3 pounds (1.5 kilograms) of beans into each stuffed animal mascot. You might do the same with your local mascots. You can also use a medicine ball, 2 to 4 pounds (1-2 kilograms) max. If your budget allows, these mascots make wonderful prizes for the last person standing (seated, actually).

- Arrange chairs in a circle. Start out with enough for everyone. If you have a big class, do two circles of chairs.
- Select suitable music you think they will enjoy.

How to Do It »

Explain to participants that the purpose of this game is to develop their awareness of posture and core stability. They will try to pass the duck using their arms only, keeping their torso stable and tall, while only their arms move. They should keep their elbows close to their sides.

- Use the following cues.
 - Sit tall on the edge of the chair.
 - Elbows are bent and held close to your sides.
 - Abs are braced, ribs are lifted, and shoulder blades are back and down.
 - Practice how you will pass the duck. Keep your back still, no twisting. Only the forearms should move much at all.
 - Good job! That's how you want to do all the passes. Ready?
- Start the music and start passing the duck.
- Stop the music. Whoever is caught holding the duck is out of the game. Remove one chair and keep going.
- Eventually eliminate all but the winner.



Give It More Balance »

- ⦿ Call out changes in the passing pace (e.g., slower, faster).
- ⦿ Have participants sit closer to the edge of the chair with feet tandem and heels raised.
- ⦿ Have participants gently toss the duck to each other (instead of pass).

Keep It Safe »

Nothing should hurt. Trunks stay still; only the arms move.

Live It »

Passing the duck will help participants keep their torso stable for long periods of time while they are busy having fun.